Making Your Home A Safer Place

"We've completely child-proofed our home."

Fire Safety Basics

- Teach the basics of fire safety
- Matches and lighters are for grownups only
- Never touch matches or lighters
- Tell an adult if they find matches or lighters

In case of a fire...

- Develop and practice a fire escape plan
  - Get out quickly
  - Once outside, stay outside
  - Meet other family members outside at a predetermined location

If trapped inside a burning building...

- Touch doors before opening
- Crawl low under the smoke
- Signal rescuers from a window
- Place towels or sheets above and at the bottom of doors

Stop, Drop,and Roll!

- Stop...
  - where you are
- Drop...
  - to the ground
- Roll...
  - over, covering face and hands

Fire Prevention Necessities

- Install smoke detectors
- Install carbon monoxide detectors
- Place fire extinguishers

Firearm Safety Around Your Home

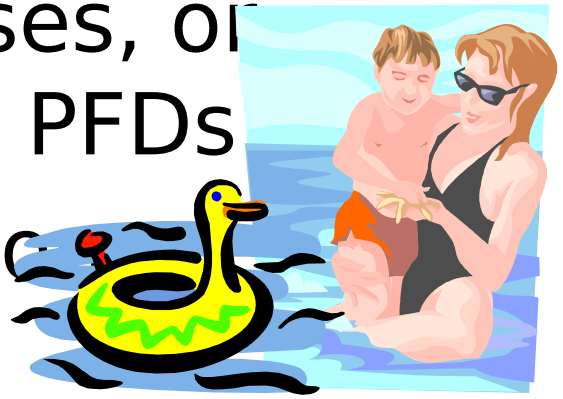
- Store guns unloaded in a locked area
  - Keep the key hidden
- Secure guns with a barrel or trigger lock
  - Keep the key hidden
- Store ammunition separately from guns
  - Keep the key hidden.

Water Safety

A person can drown in 20 seconds or less!

Swimming Safety

- Make sure children know how to swim
- Consider CPR course
- Make sure children wear personal flotation devices (PFD)
- Air-filled toys, mattresses, or swimming aids are not PFDs
- Provide adult supervision



Water Safety At Home

- **NEVER** leave a child unattended in water
- Install toilet bowl cover locks or latches
- Monitor children bath tubs and baby tubs
- Empty all buckets and pails after use
- Empty and store wading pools after use
- Enclose hot tub or spa areas
- Install locking cover on hot tubs or spas

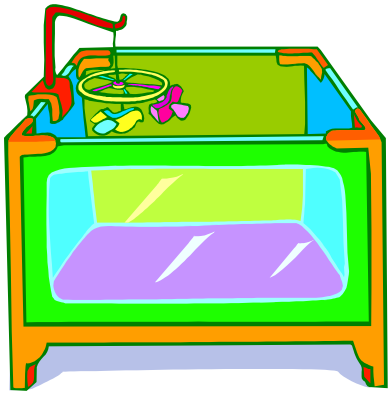
Water Safety At Home

- Cover hot tub and pool drains
- Enclose swimming pools
- Keep a long rescue pole and life rings or tubes handy
- Lock doors and windows
- Install a pool alarm

Preventing Suffocation, Strangulation, and Choking

Seconds count

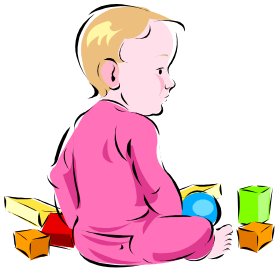
Keeping Cribs Safe



- Crib mattresses
- Crib slats on headboards
- Fasten bumper pads
- Avoid using plastic bags
- Keep all toys with strings away
- Remove necklaces and other jewelry
- Keep cribs away from dangling window shades or drapery cords
- Never put wall hangings above cribs or beds

Keeping Cribs Safe

- Keep all pillows, large plush toys, and beanbags away
- Keep gyms and mobiles away
- Keep the drop-side of mesh playpens raised
- Use toy chests with removable lids and ventilation holes
- Use safety gates



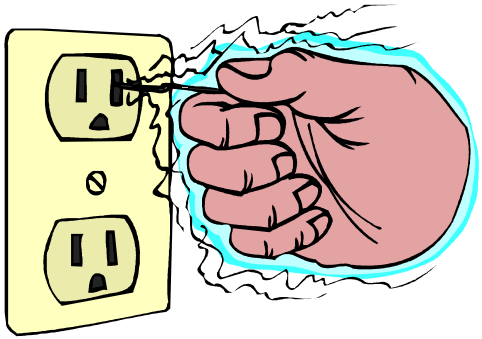
Choking Hazards

- Babies and toddlers put everything in their mouths
- Chop or shred round or slippery foods
- Keep balloons away from children
- Keep babies and toddlers away from small, easy-to-swallow objects
- Keep babies and toddlers out of older siblings' rooms
- Learn infant and child CPR

Household Safety

Home is where the Army sends You!

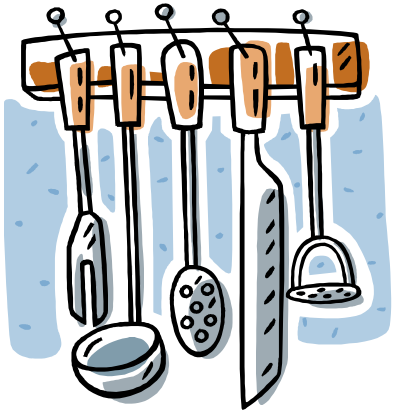
Electrical Safety



- Unplug appliances
- Install caps or plug covers
- Install ground fault circuit interrupters (GFCI)
- Tag shut-off for gas, oil, water, and main electrical supplies
- Teach children to keep electrical appliances away from water

Kitchen Safety

- Store knives and sharp tools out of reach
- Use safety latches on cabinets and drawers
- Turn pot handles inward and use back burners
- Use safety barrier on stove



Kitchen Safety

- Keep foil and plastic wrap boxes out of reach
- Keep garbage under the sink
- Keep First Aid Kit updated and supplied
- Show children how to use the microwave
- Show children how to remove pan lids

Pesky Pets and Plants

- Keep children away from plants
- Use covers in pots to prevent playing in the soil
- Consider the pet before purchase
  - Type
  - Temperament
  - Allergies
  - Hygiene

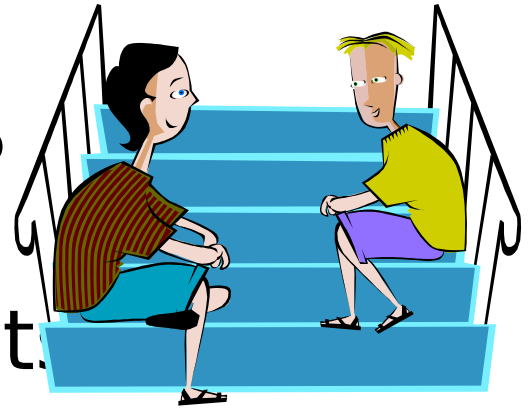
Strange Animals

- Never approach or try to pet an unfamiliar animal
- Be cautious; animals may bite when they get excited
- Remember; even a small bite can be dangerous
- It is important to let an adult know if bitten

Slips, Trips, and Falls

- Avoid leaving infants alone
- Keep infant seats off of tables, chairs, or counters
- Use infant seats with a wide, stable base
- Lock high-chair trays
- Use safety gates
- Install handrails on stairs
- Use plastic guards on stair or deck railings

Preventing Falls



- Keep stairs free of objects
- Use throw rugs with rubber backing
- Use rubber mats or no-skid decals and grab-bars in showers or tubs
- Secure furniture against the walls
- Use padding on sharp corners
- Keep furniture away from windows
- Install easy-to-detach window guards

Recreational Safety

Have Fun not Accidents

Yard and Playground Safety

- Check fences and playground equipment
- Anchor playground equipment away from fences, walls or obstructions
- Put wood chips or sawdust under equipment
- Keep children indoors when mowing the yard
- Check yard for snakes, ants, and thorny poisonous plants
- Keep children off the lawn at least 48 hours after spraying pesticides

Bicycle, Scooter, Skate, and Skateboard Safety

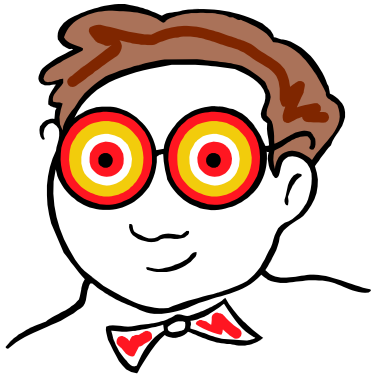
- Insist that children wear helmets
- Wear pads and guards when skating or skateboarding
- Properly fit the bike to the child
- Place reflective material on bikes, helmets, and clothing
- Children should ride on the right side of the road
- Never skate or skateboard in the street

Staying Home Alone and Street Smarts

Stay away from Strangers

Advice for Children

- Never tell anyone they're alone
- Keep house keys out of sight
- Call the police or go to a neighbor's house
- Double-lock doors
- Have delivery persons leave packages outside
- Tell strangers who call that "mom and dad are busy" and to take a message
- Call you, a neighbor, or police if they have a problem
- Never talk to, or accept rides or gifts from strangers



Stranger Danger

Don’t talk to Strangers

Stranger Strategies

- Use the buddy system
- Walk only on well-lighted streets
- Stay away from isolated areas
- Use the No, Go and Tell system if someone tries to lure them away:
  - No... means don't go with strangers
  - Go... means run away if trouble starts
  - Tell... means it's okay to tell an adult

Stranger Strategies

- Don't accept anything from a stranger
- Don't agree to anything suggested by a stranger
- If a person makes them feel uncomfortable, walk away
- Don't talk to strangers; they may not be telling the truth
- **NEVER** accept a ride or go with a stranger

Emergencies

Emergency Numbers

- Ambulance
  - German Civ 19222
  - Note: No charge if enrolled in Tricare Prime, services charged for Tricare standard
  - 67th CSH Emergency Room
  - DSN 350-1490 CIV 0931804-3877/3700

Emergency Numbers

- Police
  - Giebelstadt DSN 114 Civ 0933487-114
  - Kitzingen DSN 114 Civ 09321305-114
  - Weurzberg DSN 114 Civ 0931889-114
  - German Police Civ 110

Emergency Numbers

- Fire
  - Giebelstadt DSN 352-7239 Civ 09334877239
  - Kitzingen DSN 117 Civ 09321305117
  - Weurzberg DSN 117 Civ 0931889117

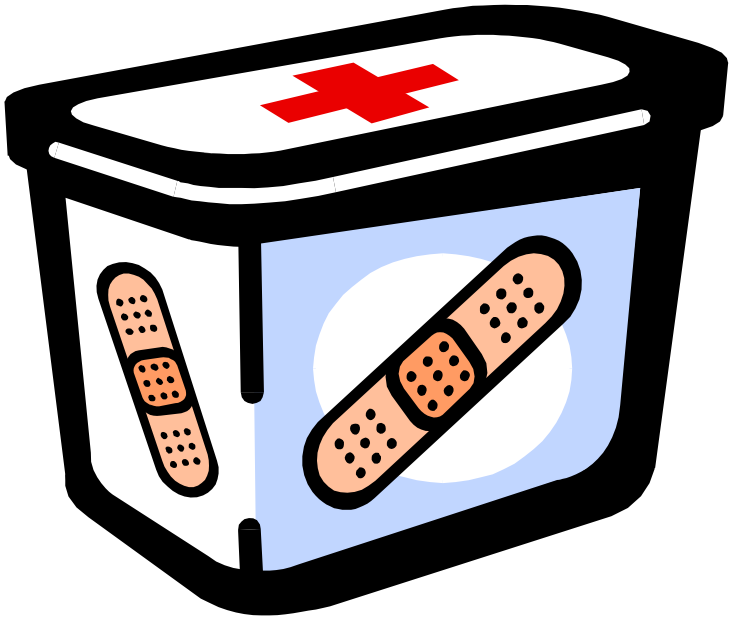
  - German Fire Department Civ 112

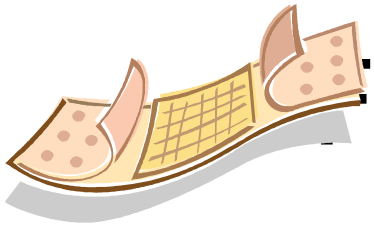
In Case of an Accident

- Call only if they or someone they know is hurt
- Tell the dispatcher what happened
- Hang up when the operator says to
- Practice emergency situations
- Post key numbers by the phone

First Aid

- Basic first aid
- Child CPR





First Aid Kits Contents

- One roll of absorbent cotton
- Antihistamine for allergic reactions
- Povidone-iodine antiseptic solution
- Aspirin (for adult use only) and acetaminophen and ibuprofen (in child and adult dosages)
- 1-inch wide adhesive tape
- Bacitracin ointment to treat cuts, scrapes, or puncture wounds
- Bandages in various sizes
- Bar of soap
- Butterfly bandages and thin adhesive strips to hold skin edges together
- Calamine lotion
- Cold pack
- Mouthpiece for protection performing mouth-to-r resuscitation
- Cotton-tipped swabs
- Syrup of ipecac to induce vomit
- Elastic bandage or wrap
- Eyedropper for irrigating
- Flashlight
- 4-inch x 4-inch gauze pads
- Disposable surgical gloves
- Matches
- Saline eye drops
- Scissors
- Safety pins
- Sewing needle to help remove a splinter
- Four packets of sugar in a sealed plastic bag to use in case of low blood sugar (for diabetics)
- Thermometer
- Two triangular pieces of cloth to use as slings or to cut up as bandages or straps
- Tweezers

Health Topics A to Z
http://www.cdc.gov/health/diseases.htm
An On-Line Handbook for Child Care Providers
http://www.cdc.gov/ncidod/hip/abc/abc.htm
Bicycle Helmets
http://www.cdc.gov/ncipc/bike/helmets.htm
CDC Child Care Health and Safety Action Plan
http://www.cdc.gov/ncidod/publications/daycare/contents.htm
Child Passenger Safety Fact Sheet
http://www.cdc.gov/ncipc/factsheets/childpas.htm
NCIPC Bibliography of Articles on Dog Bites
http://www.cdc.gov/ncipc/duip/dogbites.htm
CDC Childhood Lead Poisoning Prevention Program
http://www.cdc.gov/nceh/lead/lead.htm
Playground Injuries
http://www.cdc.gov/ncipc/factsheets/playgr.htm
Health Topic: Swimming Pool Safety
http://www.cdc.gov/health/spsafety.htm
Child Passenger Safety
http://www.cdc.gov/safeusa/move/childpassenger.htm

Questions?

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